



## Time Is Running Out To Earn the 2012-2013 DelaWELL Rewards

**Program Year: July 1, 2012 through May 31, 2013**

**(All activity requirements must be met no later than May 31, 2013)**

A journey toward good health starts with small steps, by setting realistic health and wellness goals. Whether you want to lose weight, become more active, quit smoking, manage your stress, improve your nutrition or maintain a healthy lifestyle, DelaWELL Rewards your efforts!<sup>1</sup>

### ***Just Getting Started?***

Visit the **DelaWELL Health Portal** at <https://delawell.alerehealth.com> to register and set up your personal profile. In just a few minutes, you'll set up your own username and password to keep your information secure.

### **Earning the DelaWELL \$200 Gold Level Reward Is As Easy As 1-2-3:**

**1) Know Your Numbers:** Individuals who have not yet completed their screening in this **Program Year** still have time to participate in a DelaWELL Health Screening to be held at various locations throughout the state now through April 29, 2013. Once logged in, click on the links on the left side of the DelaWELL Health Portal (<https://delawell.alerehealth.com>) for more information, including a screening calendar and to sign up for an appointment.

**2) Get A Plan:** Complete your confidential online **Wellness Assessment** questionnaire for 2012-2013 by visiting the DelaWELL Health Portal (<https://delawell.alerehealth.com>). In just 15-20 minutes, you will get your Wellness Score and personalized report with recommendations for healthy steps you can take to reach your goals. Current members can view their past wellness assessment results to measure progress and health changes.

### **3) Join a Program:**

- Meet the purchase requirements for the **Weight Watchers program** and submit your reimbursement form by **April 15, 2013.**<sup>2</sup> Visit the DelaWELL Health Portal at <https://delawell.alerehealth.com> to learn more.
- **Or**, actively participate in an Alere **Health Coaching Program or Condition Care Program.**<sup>2</sup> to get the support and tools you need to make a healthy change or maintain your health. Visit the DelaWELL Health Portal (<https://delawell.alerehealth.com>) or call 1-866-674-9103 to find out more and enroll today.

### **DelaWELL Rewards Your Efforts!<sup>1</sup>**

**SILVER LEVEL:** Complete Steps 1 and 2 to earn **\$100!**

**OR**

**GOLD LEVEL:** Complete Steps 1 and 2 and 3 to earn **\$200!**

**DelaWELL Health Portal - <https://delawell.alerehealth.com>**

**1-866-674-9103**

<sup>1</sup> DelaWELL Silver Level Reward amounts earned between July 1, 2012 and October 15, 2012 were paid in December 2012. DelaWELL Silver Level Reward amounts earned between October 16, 2012 and May 31, 2013 and all DelaWELL Gold Level Reward amounts earned between July 1, 2012 and May 31, 2013 will be paid in July 2013. Employees who earn a reward will receive a cash incentive included as part of their pay in either their December 2012 or July 2013 pay, as appropriate. State non-Medicare eligible pensioners who earn a reward will have it applied toward either their December 2012 or July 2013 pension check, as appropriate. Rewards are NOT offered to spouses, dependents or participating group members (with the exception of University of Delaware and Delaware Transit Corporation employees). Both the Wellness Assessment and Health Screening are required to earn rewards. All activity requirements must be met no later than May 31, 2013.

<sup>2</sup> Qualification for a Health Coaching or Condition Care program is determined by the results of your Wellness Assessment or healthcare claims. Participants must enroll in and participate in a Health Coaching program or Condition Care program or complete one of the two Weight Watchers program options to complete Step 3 and qualify to earn the \$200 Gold Level Reward. Your Health Coach will validate completion, and credit will automatically be awarded upon meeting the criteria of completing 8 interactions (i.e., phone call, email or online conversation) with a coach during the first 6 months after enrollment, as well as completing a follow-up health coaching survey. Credit will be awarded to participants of a Condition Care Program who keep scheduled phone calls with their Alere nurse care manager throughout the program year to meet completion criteria. Participants must email or fax their completed Reimbursement Form (Along with the required Billing History proof of purchase) to Weight Watchers by April 15, 2013, in order to receive credit towards the DelaWELL \$200 Gold Level Reward.